



Standing Together for Snohomish County Youth: 1st Annual Children & Youth Mental Wellness Fair

Saturday, May 7 • 10 am - 4 pm
Evergreen Middle School • 7621 Beverly Lane, Everett
Special Guest, former NFL Player
TRENT SHELTON

**All
Families
Welcome!**

FREE COMMUNITY FUN EVENT

NO REGISTRATION NEEDED, DROP IN SESSIONS

**COMMUNITY
RESOURCES
AVAILABLE**

**DISNEY MOVIE:
INSIDE OUT
11:30AM & 2:15PM**



- **FREE PIZZA
11AM - 3PM**
- **GAMES**
- **3 ON 3 BBALL**
- **FAMILY PHOTOS
ALL DAY**

9:30 am	DOORS OPEN WELCOME ALL			
10:00-10:45 am	CASPAR BABYPANTS <small>Something magical happens when you crank up the newest music by Seattle indie-rockers Caspar Babypants. Chris Ballew's (aka Caspar Babypants) offers youngsters a fantastic mix of silly and sweet tunes.</small>			
10:45-11:30 am	Parenting young children	Bullying	Signs and symptoms of depression and anxiety	Building a better relationship with your teen
11:45-12:30 pm	Attachment & bonding	Growing up GLBTQ	Mental health in schools	Suicide prevention
1:00-2:00 pm	TRENT SHELTON <small>Trent energizes youth to change for the better by uplifting, empowering, and demonstrating that "change starts with you" from the inside out.</small>			
2:15-3:00 pm	Infant & toddler mental health	Music therapy	How to talk to kids about drugs	Sex trafficking risks
3:15-4:00 pm	Parenting is stressful! Have a safety plan	Empowering young women	Adverse Childhood Experiences (ACEs)	Cutting and self-harm

Questions? Call 425.388.7254

Organized through community partnerships with Snohomish County Human Services

